

HB 5298

To the Connecticut Legislature:

No one should be forced to undergo electric shock therapy against his or her will.

Shock therapy has so many negative effects that doctors should not be allowed to administer it without a person's consent. The medical literature abounds with examples of the treatment's downsides.

For instance, Lucy Johnstone reported in the *Journal of Mental Health* that twenty people who underwent electroshock reported “feelings of fear, shame and humiliation, worthlessness and helplessness, and a sense of having been abused and assaulted.” (1) One of her interviewees turned to self-mutilation, saying, "...I sometimes feel very angry to the people involved, that I can't get back at them or take revenge at them [for the electric shock therapy]. So that I don't do that, I self-harm, I cut myself."

It is the duty of government to protect citizens from harmful medical therapies. I urge you to ban the barbaric and unacceptable practice of involuntary shock therapy. Please pass H.B. No. 5298.

Sincerely,

Rebecca

New York State

(1) Johnstone, Lucy. "Adverse psychological effects of ECT." *Journal of Mental Health*. Volume 8, Issue 1. February, 1999, pages 69–85.

